

# Outlook on Lifestyle

## A healthy diet should include fibre foods

Remember "roughage". Well roughage and fibre are one and the same when you are talking about food. What is fibre and do we need more of it in our diets.

First of all fibre only comes from plant or vegetable foods. It is that part of the plant material that your body cannot break down with enzyme action. There are different types of fibre—celluloses, hemicelluloses, pectins, gums, mucilages and lignans, which function in different ways within the body. While fibre is not considered an essential nutrient, since the body cannot actually absorb or utilize it internally, increasing our intake of fibre may be necessary from time to time.

It seems almost as if health food



lovers invented fibre because of the way they have turned away from white bread and low-fibre diets to whole grains, vegetarianism and well-balanced diet habits. While too much fibre can be unhealthy, studies have shown that our society's high sugar, high fat and low fibre eating habits make us more susceptible to certain diseases, including heart disease, diabetes and diseases of the intestines and colon.

Some people use fibre (from foods or in various packaged forms) as a natural laxative. Because fibre, such as bran, can absorb a great deal of water it provides bulk to ease the work of the lower digestive tract. Increased fibre intake should be accompanied by an increase in the amount of water you drink.

The fibre foods are many and varied. This, plus the fact that they are bulky and take longer to chew, make fibre-rich foods a good choice for dieters. Some of the familiar high fibre foods are whole bean cereal, raw apples, kidney beans, brussels sprouts, corn, baked potato (with skin), shredded wheat, spinach. Medium fibre content makes bananas, cabbage, beets, prunes and whole wheat bread part of a good diet. Popcorn is a fun fibre source. Many people like to sprinkle natural bran on their cereal and salads or use it in their cooking.

People who have difficulty with digestion should discuss their problem with the knowledgeable practitioner of their local health food store to be sure that they follow appropriate dietary procedures.

### Babies now a smash hit

Theatre Sheridan will present "Babies" a sparkling, new Canadian musical for all ages at Sheridan College's Oakville Campus, March 1-28.

Written by Canadian composer Cliff Jones, "Babies" was the smash hit of the 1986 Charlottetown Festival in P.E.I. The production takes a disarming look at the ups and downs of life from a newborn's point of view.

For tickets call the box office at 845-9430, ext. 259.

## Pioneer Village to host first Folklore Conference

Ontario's first Folklore Conference is set to go on March 6, 7, 8, 1987 at Black Creek Pioneer Village in Metropolitan Toronto. Some of the leading folklorists from Canada and the United States will come together for the first conference devoted to folklore ever held in Ontario.

Co-sponsored by The Ontario Historical Society, York University and Black Creek Pioneer Village, the conference will explore folklore through the music, dance, oral history, folk art, textiles and the everyday traditions of the people of Ontario.

Come and enjoy the Exhibition and Book Fair which will feature artisans, book exhibitors and craft-people demonstrating various

19th and 20th century crafts and trades.

Preregister by Feb. 20 and pay \$40 for the three day event. After Feb. 20, the cost is \$60. A Saturday evening supper featuring complimentary wine courtesy of Bright's Wines Ltd., is available for an additional \$20.

For further information, please contact The Ontario Historical Society, 5151 Yonge Street, Willowdale, Ontario, M2N 5P3, (416) 225-9011.

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## Garden Gossip

Have you noticed? The days are getting longer, the sun stronger and your house plants know it. Now is the time to separate, repot, cut back and in general get them ready for the growing season. A little fertilizer, a little more water, some misting and your own special brand of tender loving care can work wonders. For your green growing plants a fertilizer with a high first number (nitrogen is best), for flowers to bloom a higher second number (phosphorus) and for good strong root system a higher third number (potash). Many fertilizers are equal in all three and is generally a safe bet but sometimes a more specialized fertilizer should be used, in any case don't over-fertilize, you can kill your plants with kindness.

All plants need some fertilizer but better to under than over feed. For most plants their greatest need is humidity. We are waiting for your questions, don't be bashful, just send your question along and if it is a problem we will try to find the solution.

One problem some house plants have is Scale, little brown or grey "bumps", which is the insects' shell and can suck the life from your plant. Washing, scraping and scrubbing is the best way of removing them as the shell protects scale from pesticides. Also touching each one with a Q tip dipped in alcohol works. Send those questions. See you next week.

—Send your questions to: Garden Gossip, c/o The Herald

## In search of aphrodisiacs

Valentine's Day is tomorrow, so it's time to load up your arsenal of love potions. Find out which common plants and spices will catch a lover's interest. Keep it, or dispel it, during Natural Aphrodisiacs, a special presentation Saturday and Sunday, Feb. 14 and 15, at 2 p.m., at the Kortright Centre for Conservation, Kleinburg.

Aphrodisiacs have been part of folklore for centuries, and many of the ingredients to make them can be found in the Toronto region. For example, the root of a trillium is the source of a potion for attracting a lover.

According to Indian folklore, a beautiful maiden, who desired the chief's son, was on her way to his tepee with some trillium root tea, when she tripped and spilled the tea into the food of an ugly, old man. Much to her dismay, the old man followed her around for months, begging her to marry him.

Cinnamon, the traditional flavor of Valentine hearts, was considered a powerful aphrodisiac in Ancient Persia. If a husband was wandering, the wife would mix cinnamon tea, which would entice him home and encourage him to remain faithful.

On the other hand, if you want to get rid of someone this Valentine's Day, try lettuce. Lettuce is supposed to dispel lust—according to mythology, when Venus lost her lover she threw herself onto a field of lettuce.

In addition to the afternoon sessions, Kortright is hosting Valentine Wine and Cheese, Feb. 13, at 7:30 p.m. Visitors will have the opportunity to make their own

aphrodisiac. The cost for the Friday evening event is \$7 per person, and reservations are required. Call (416) 661-6600 ext. 256 for reservations.

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**Tasty Recipes**

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**SCOTCH OAT CAKES**

- 1 cup sifted flour
- 1 tsp. baking powder
- 1/2 tsp. salt
- 1 tbsp. sugar
- 2 cups oatmeal (NOT Rolled Oats or Quick Oats)
- 1/2 cup shortening
- 1/2 cup milk

Sift flour, baking powder, salt and sugar together. Add oats and rub in shortening. Add milk gradually; do not have dough too dry. Roll very thin and cut into squares or triangles. Bake in 350° oven for 12 to 15 minutes, or until lightly browned.  
Yields 24 cookies.

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